

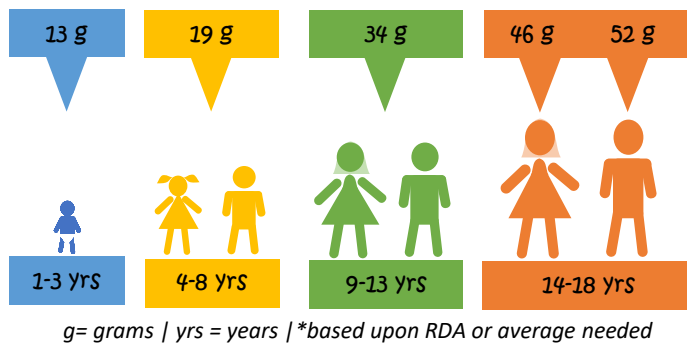


March 2018

THE POWER OF PROTEIN

This month, Ms. Toots and the Fearless Foodies visited our school to explore. Protein is a valuable nutrient - especially for growing minds and bodies. The body uses protein to make hormones and it is important for the immune system! It's also the building block of bones, muscle, skin, and blood. Protein foods are satisfying –they help you feel fuller, longer and can help control blood sugar.

How much protein do kids need?



NO BAKE ENERGY BITES

(20 servings)

- ✓ 1 cup rolled oats
- ✓ ½ cup rice krispies
- ✓ ½ cup nut / seed butter
- ✓ ⅓ cup honey
- ✓ ½ teaspoon cinnamon
- ✓ ⅓ cup dry cranberries



**Add ground flaxseed, chia seed, dry fruit (cranberries, raisins, apricots)*

1. Mix all ingredients in a large bowl.
2. Roll into 1½ -2 inch balls.
3. Place on cookie sheet refrigerate for 1 hour.
4. Store in refrigerator for up to a week or freezer up to 1 month

Nutrition per 1 ball: 70 calories | 3 g fat | 9 g carb | 1 g fiber | 4 g sugar | 2 g protein

This recipe is similar to cereal bars. Add more fiber rich foods (flax / chia seeds) and experiment with fruits and nuts. Kids love making and eating them!

PROTEIN SOURCES



Plant Sources

1 cup edamame / soy beans	15 g
½ block tempeh	15 g
1 cup cooked beans / lentils	15 g
½ block tofu	10 g
1 veggie burger	3-12 g
1 cup peas	8 g
2 T nut butter	8 g
1 cup quinoa	7 g
1 oz nuts	6 g

Animal Sources

4 oz poultry / meat / fish	28 g
1 cup cottage cheese	25 g
6 oz Greek yogurt	10-20 g
1 large egg	7 g
6 oz regular yogurt	4-7 g
1 egg white	4 g
1 slice / 1 oz cheese	7 g
8 oz milk	7 g

Fearless Foodies is brought to you by the Waltham School Nutrition Department and Healthy Waltham. The goal is to introduce children in grades k-5 to new foods in a fun and exciting way.

Follow us online!

